

Happy
St Patrick's Day!



Commander Seventh Fleet Ombudsmen Newsletter



March 2004

Volume 1 Edition 14



BASE NEWS!

May the luck of the Irish be yours today and every day! This month will bring us tons to be green about! Before we know it our much missed ship will be home. But before that, we have a Tiger Cruise just around the corner! Be sure to read the COS's letter to find out more.

This month we would like to take a look at the opportunities we have here in Yokosuka to get involved in our community. There are many organizations in need of a helping hand. Not only does volunteering give you an opportunity to get involved, make a difference and meet new people, volunteering can be a helpful way to build your resume. As we travel along with our spouse in support of his/her military career, we often times leave our own careers behind and sometimes it can be trying to find a position in the same career field at the new base. In the case of overseas duty this is especially true. While volunteering doesn't bring in monetary satisfaction it does offer a wealth of other opportunities. And, in some cases can lead to a full or part time paying position with that organization. The American Red Cross, Fleet and Family Support Center, Navy Marine Corps Relief Society, PAWS (Pets Are Worth Saving), COMPASS, and your child's PTO, just to name few great organizations right here in Yokosuka. There are many outlets here where your talents can be put to good use and would be greatly appreciated.



Have a great month and
don't forget to wear your green!



St. Patrick's Day 5K Run/Walk
March 13 in Negishi Community.

Take some luck of the Irish on your 5K Run/Walk.

Spring Youth League

March 13 starting at 1100 at the Bowling Center

Spring brings new fun for Yokosuka's avid youth bowling community. MWR will host a 12 week youth bowling league for kids to learn great techniques, enhance skills and compete with your friends to become a top bowler. **\$3.50 (Pee Wee) & \$4.50 (Bantam & Youth) per week for**

12 weeks + sanction fee of \$8.50
(if not already a member)



Book Exchange

March 13 at 1300 in the Nikko Tower Party Room

There will be a large assortment of books donated by the Library, including a great selection of children's books. Bring out all those books you have sitting in your room that are collecting dust and trade them in for something different.



Negishi's First Annual Arts & Crafts Festival in the Negishi Gymnasium

March 13 from 1200 to 1700

In celebration of National Craft Month, Negishi will host its First Annual Arts & Crafts Exhibition. Come out and see what artisans in the Yokohama and Yokosuka communities have to offer. If you're interested in participating or for further information please contact Negishi MWR Program Office.



Free

Opportunity for a great summer job or gain a new skill, become a lifeguard!

Sessions are every Saturday starting February 28th through March 27th and again April 5th through the 9th. Cost of the sessions is \$100 but is fully refundable if you work for MWR this summer as a lifeguard. Must be 15 years of age and meet minimum swimming requirements. 243-6140 for more information



Cherry Blossom Festival Sunday, April 14th

CFAY Open Base Event 0900-1700. Or join in the festivities outside the gate at Mikasa Park. Festival, parade, food and live entertainment. Mikasa Park Gate will open at 9am.



Emergency Pet Care Services

After hours veterinary services can be received from our Yokosuka Base Veterinary Clinic. Call 090-1106-3894 after normal clinic hours.



AFN Satellite for Off-Base

Get American Programming in your Off-Base home! Contact the NEX



Care Line Phone Number

243-9367



COM 7TH FLT Mailing Address

Member's name

Division

Commander Seventh Fleet

Unit # 25104

FPO-AP 96601-6003



**If you have any questions or
concerns please contact us!**

Email:

comm7thfltombudsman@yahoo.com

